

**Full Report (All Nutrients) 01041, Cheese, tilsit**

Report Date: December 09, 2015 17:48 EST

Nutrient values and weights are for edible portion.

**Food Group : Dairy and Egg Products****Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 oz 28.35g	1 package (6 oz) 170g
<b>Proximates</b>						
Water	g	42.86	18	1.003	12.15	72.86
Energy	kcal	340	--	--	96	578
Energy	kJ	1422	--	--	403	2417
Protein	g	24.41	4	0.820	6.92	41.50
Total lipid (fat)	g	25.98	15	1.014	7.37	44.17
Ash	g	4.87	10	0.075	1.38	8.28
Carbohydrate, by difference	g	1.88	--	--	0.53	3.20
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<b>Minerals</b>						
Calcium, Ca	mg	700	2	--	198	1190
Iron, Fe	mg	0.23	1	--	0.07	0.39
Magnesium, Mg	mg	13	1	--	4	22
Phosphorus, P	mg	500	1	--	142	850
Potassium, K	mg	65	2	--	18	110
Sodium, Na	mg	753	2	--	213	1280
Zinc, Zn	mg	3.50	1	--	0.99	5.95
Copper, Cu	mg	0.026	--	--	0.007	0.044
Manganese, Mn	mg	0.013	--	--	0.004	0.022
Selenium, Se	µg	14.5	--	--	4.1	24.6
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.061	4	0.009	0.017	0.104
Riboflavin	mg	0.359	4	0.017	0.102	0.610

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package (6 oz) 170g
Niacin	mg	0.205	4	0.026	0.058	0.349
Pantothenic acid	mg	0.346	4	0.025	0.098	0.588
Vitamin B-6	mg	0.065	--	--	0.018	0.110
Folate, total	μg	20	--	--	6	34
Folic acid	μg	0	--	--	0	0
Folate, food	μg	20	--	--	6	34
Folate, DFE	μg	20	--	--	6	34
Vitamin B-12	μg	2.10	2	--	0.60	3.57
Vitamin A, RAE	μg	249	--	--	71	423
Retinol	μg	236	--	--	67	401
Vitamin A, IU	IU	1045	1	--	296	1776
<b>Lipids</b>						
Fatty acids, total saturated	g	16.775	--	--	4.756	28.517
4:0	g	0.878	1	--	0.249	1.493
6:0	g	0.536	1	--	0.152	0.911
8:0	g	0.381	1	--	0.108	0.648
10:0	g	0.748	1	--	0.212	1.272
12:0	g	1.073	1	--	0.304	1.824
14:0	g	2.608	1	--	0.739	4.434
16:0	g	7.675	1	--	2.176	13.048
18:0	g	2.190	1	--	0.621	3.723
Fatty acids, total monounsaturated	g	7.136	--	--	2.023	12.131
16:1 undifferentiated	g	0.668	1	--	0.189	1.136
18:1 undifferentiated	g	6.073	1	--	1.722	10.324
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.721	--	--	0.204	1.226
18:2 undifferentiated	g	0.398	1	--	0.113	0.677
18:3 undifferentiated	g	0.323	1	--	0.092	0.549
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package (6 oz) 170g
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	102	1	--	29	173
<b>Amino Acids</b>						
Tryptophan	g	0.352	--	--	0.100	0.598
Threonine	g	0.899	--	--	0.255	1.528
Isoleucine	g	1.484	--	--	0.421	2.523
Leucine	g	2.548	--	--	0.722	4.332
Lysine	g	2.039	--	--	0.578	3.466
Methionine	g	0.754	--	--	0.214	1.282
Cystine	g	0.138	--	--	0.039	0.235
Phenylalanine	g	1.358	--	--	0.385	2.309
Tyrosine	g	1.458	--	--	0.413	2.479
Valine	g	1.752	--	--	0.497	2.978
Arginine	g	0.849	--	--	0.241	1.443
Histidine	g	0.704	--	--	0.200	1.197
Alanine	g	0.811	--	--	0.230	1.379
Aspartic acid	g	1.798	--	--	0.510	3.057
Glutamic acid	g	5.490	--	--	1.556	9.333
Glycine	g	0.497	--	--	0.141	0.845
Proline	g	2.969	--	--	0.842	5.047
Serine	g	1.393	--	--	0.395	2.368
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0